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Advertising (to be set) Deadline:
Friday 13 June - 5.00pm
Camera Ready Copy: Tue. 17 June - 12 Noon
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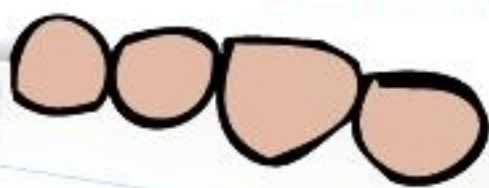
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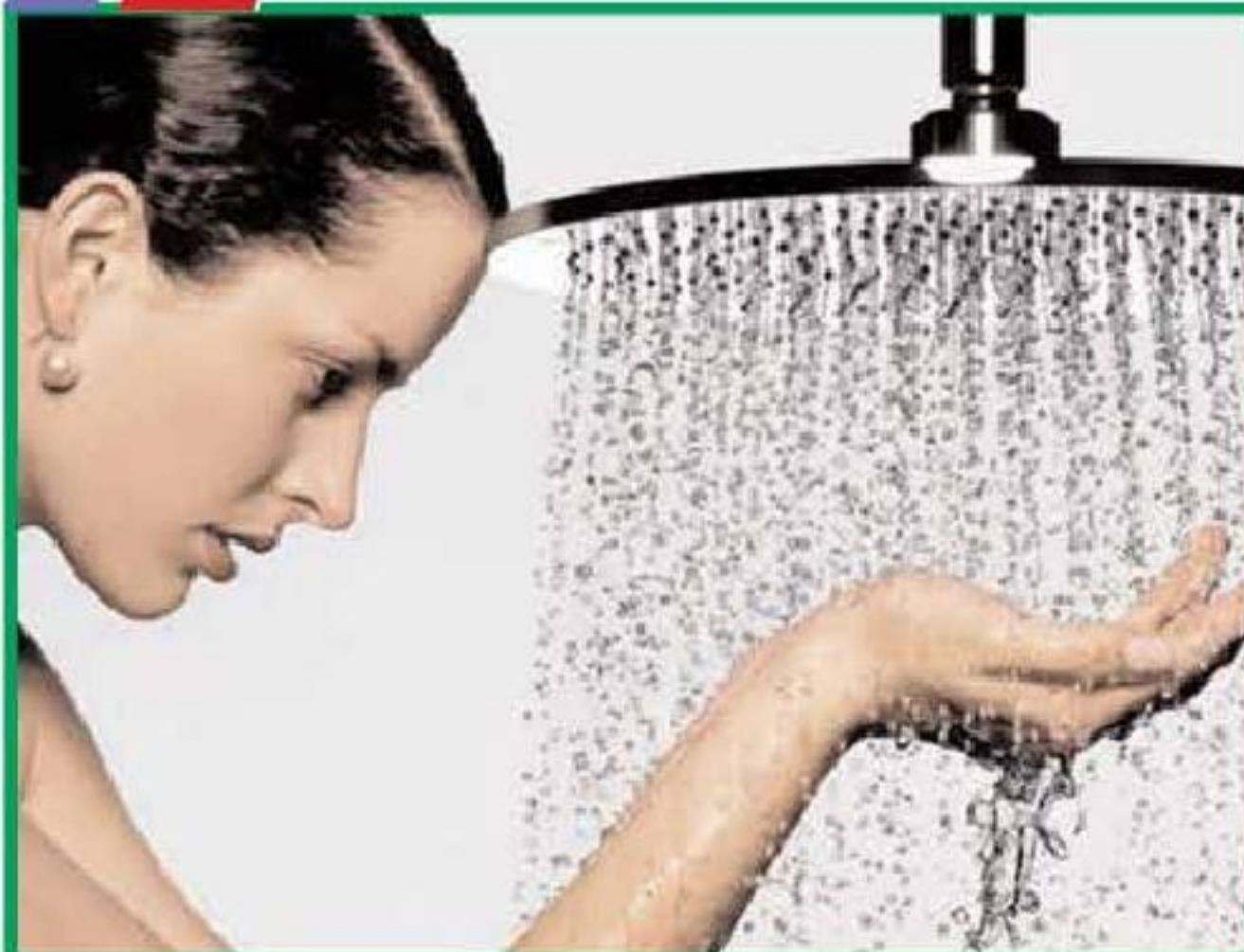
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Star Rating: XFactor's Melanie McCabe is a big fan of Therapie Clinic. "I just love laser. I cannot believe the difference already. I never have to worry about waxing or shaving again!"

Therapie Clinic offers the most competitive of prices, easy payments plan and free consultations. Sales ends June 30th, why not book a free consultation and experience the star treatment yourself, call 08000 121 565.

Therapie Clinic is located in Donegal Place or Queen's Arcade in Belfast, Carlisle Road in L/Derry or Merchants Quay in Newry. Prices start from only £29 per treatment.

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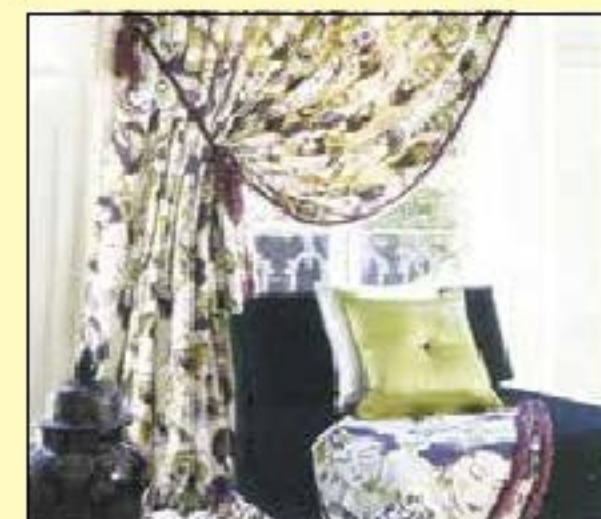
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A new non-surgical, non invasive 'mini tummy tuck' treatment is now available in Ireland. It promises to smoothe and sculpt. We investigate the facts.

Most women have problems with excess weight and skin around their middle.

It's where we tend to store adipose tissue; skin is easily stretched and becomes flabby, and it's the reason tummy tucks have become one of the most popular procedures in the world.

If the expense and recovery time of going under the knife doesn't appeal to you, you'll be delighted to discover that there's a new, non-surgical alternative available at Therapie Clinic.

Thérapie's Exclusive non-invasive mini-tummy tuck is FDA approved; requires no incisions, anaesthetic or downtime and is safe and effective. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Heidi Klum and Britney Spears.

The unique technology combines massage rollers with infra-red energy, radio frequency and suctioning to break down fat cells, which are then eliminated from the body naturally.

Regardless of what shape your tummy is in, the most important thing is to ensure your skin is in good condition giving a nice firm appearance. Even regular workouts and maintaining

a healthy weight doesn't stop crêpey, saggy skin from appearing on your abdomen – particularly post-pregnancy. Even fit women who are in great shape frequently despair about their 'jelly belly'!

This non-invasive mini-tummy tuck is FDA approved; requires no incisions, anaesthetic or downtime and is safe and effective

Thérapie's Mini Tummy-Tuck contours, shapes and slims the abdomen, helping you achieve amazing results without any of the risks involved with the traditional procedure.

If you want to see measurable results, toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic. It's a fraction of the cost of a surgical procedure, and you can get straight back to normal activities immediately.

Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry and Merchants Quay in Newry. Call Therapie Clinic for a free consultation on 08000 121 565 or see www.therapieclinic.co.uk.

Benefits

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- ✓ Non-surgical, Non-invasive
- ✓ No downtime
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Treats

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- ✓ Abdominal body fat
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Before and After



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It's all happening at Kellys Golf Centre

The golf season is well under way, the weather is beginning to pick up, and Kellys Golf Centre, The Avenue, Milltown Street, Burren, is becoming busier than ever. Ideally situated, offering exceptional value in beautiful surroundings, Kellys Golf Centre provides fun for all the family with weekly competitions and annual events throughout the year.

The first annual event, Kellys Masters, took place on Saturday 19th April; and with a record turn out it was described as the "best Masters ever." As always there were prizes galore up for grabs. In a very tense final round Tommy Carvill just about out scored young Gerard McAteer for best nett. Other notable winners were Ronan Fegan in the Junior Section and Kieran and Matthew Lynch for Best Parent and Child. Spot prizes - sponsored by Timoney's Homemade Ice-cream and O'Reilly's The Sweet People - for nearest the pin were picked up by Peter Murray and Jack Murtagh with two shots that even Tiger Woods would have been proud of on the Signature 6th Hole.

Kellys Golf Centre is now working towards their next big event, the Student Challenge, which will take place on 26th July. Open to all students it promises to be bigger and better than ever and structured in such a way that everyone has a chance of winning.

Under the auspices of resident PGA Professional Dougie Bell, golf lessons and coaching young children how to enjoy playing golf is a well established feature at Kellys Golf Centre. In actual fact young children are spoilt for choice. The Junior Summer Camps are now



Ronan Fegan, complete with the Green Jacket, winner in the Junior Section at Kellys Masters. up and running and the Junior Summer League is contested every Saturday morning from 10am.

On top of all this, Kellys Golf Centre are currently running a number of different promotions in the driving range to make your visit even more enjoyable. On Tuesday evenings they have a longest drive competition. Every Thursday evening customers can hit as many balls as they want for only £8; and then there is a nearest the pin competition every Friday from 5pm to 7pm.

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GAA Legend Oisín McConville talks about his life-changing Laser Eye Surgery at Optilase

My weekly routine over the last few years could include anything from watching games, playing in them, punditry and commentary on TV, writing my weekly article, training and coaching, all juggled with spending time with my wife and kids, so it's no wonder that I never had a chance to do anything about my eyes!

I have needed glasses or contact lenses since I was a child and have been conscious and aware of the restrictions of my sight. Luckily, in my playing days, I was able to get by without glasses or fiddly contact lenses but I always struggled and wondered what 20/20 vision would be like.

I'd heard of laser eye surgery but never really knew enough about it until I decided to take the proverbial bull by the horns and visit Optilase, next door to the Canal Court Hotel in Newry and see if I could get the treatment done (apparently not everyone can).

I chose Optilase after hearing some reassuring stories from both my friends and people in my work circle who had it done. After hearing that Optilase in Northern Ireland was the number one provider in Europe and second in the world in terms of completed treatments, the decision to proceed was an easy one – as there is no way I was taking any chances with my eyes, you only get one pair after all!

"If I could offer advice to anyone out there who wears specs, I'd say - get it done, and get it done now."

The Clinic at Optilase is more like a five Star Hotel and I was so at ease and very, very relaxed and therapeutic – absolutely beautiful and completely put me at ease. The staff there were wonderful and couldn't do any more for me.

So, after being fed and watered, I then spent my hour with the Optometrist. My consultation was free of charge and took around an hour. I filled out a simple form and met with my Optometrist who explained how the consultation would proceed and took me for some scans and pictures of my eyes and walked me through everything very thoroughly. I felt completely reassured and at ease throughout

the process and very relaxed and informed.

Thankfully I was deemed a suitable candidate. The next step was to discuss price! I'm glad to report that there was no pushy sales pitch (that definitely would have put me off), just genuine interest in the best care for me and my eyes.

The 0% finance deal definitely made things easier! The decision was completely left to me so I paid my deposit and picked my date.

A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee. Basically Optilase looks after and treats my vision for the rest of my days, even if I needed re-treatment further down the line, at no extra cost, however much is needed.

I've got to admit that the day before surgery, I was a little nervous. I went to the Optilase in Belfast (in front of the City hall) for my treatment. The place was stunning, relaxing and calming. There were a lot of people there that day who felt the same as me and completely at ease – I was actually looking forward to this!

After I completed my paperwork, I met with my Surgeon and Medical Director, Mr. Wayne Crewe Brown who spent half an hour talking me through my treatment. I felt completely re-assured also considering he has performed more than 40,000 of these treatments!

The best treatment for me was Lasik – which is one of the most popular laser procedures in the world, with the quickest recovery time. Dr Crewe-Brown felt that it was best for me and my eyes and after his thorough explanation, so did I. The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure and the Nursing and Care team were second to none.

There was no pain during surgery, a question I have been asked by almost everyone since my treatment! There are so many myths out there about laser eye treatments that simply are not true – I've had much worse days out

at the dentist! After surgery my eyes were sore initially, a sensation I compare to what I experience after cutting raw onions. My eyes watered and I had to wear sunglasses to protect my eyes from the bright light when I left the clinic. I was prepared for this and told just what to expect. Later that evening, I had a mild headache – nothing that two painkillers couldn't sort and along with plenty of water – I had a great night's sleep.

Following the advice from the team at Optilase I went home and relaxed and when I woke in the morning, life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional, I don't mind admitting. It was actually unreal how good it was!

If I could offer advice to anyone out there who wears specs, I'd say – get it done, and get it done now. I only wish I had it done years ago. Go see for yourself. My biggest regret is not having it done sooner and thinking about some of those wifes I hit!

Call up Optilase and see at least if you are suitable for treatment. I'm glad I did. It won't cost you anything as it's free to find out so why not?



Dr Crewe-Brown and the Optilase Team



Dr Crewe-Brown and Oisín McConville after surgery

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Finnegan's Nursery & Garden Centre Silverbridge, Co. Armagh is celebrating 25 years in business. Pat & Elizabeth Finnegan, along with daughters Margaret & Kathleen own the family run business which was established on the family farm just over 25 years ago.

The original business idea came from Margaret's ambition to study horticulture and a desire to keep the family farm viable. Margaret spent four years studying Horticulture at Bath University, graduating in 1992. Having grown up working in the Nursery, Kathleen graduated from Queen's University and worked as a management consultant in Dublin before returning to the family business full time in 1996.



The business was built up slowly over the years, facing many challenges along the way, especially bad weather and economic downturns. In 2003 Finnegan's obtained the Best Retail Nursery Award in the Northern Ireland Garden Centre Awards.

Speaking now about the development of the business, Margaret Finnegan is as enthusiastic and committed as ever. "We started in 1989 during a recession and now times are tough once again. We've had to change and adapt in response to all the challenges but most importantly, our passion for growing quality plants has always been at the root of our success. We offer an extensive range of quality garden plants, growing almost 90% ourselves. Our customers are buying direct from the grower so we offer quality and value at the same time.

We are grateful for the chance to work at something we are passionate about and being able to live and work on our own farm is an added bonus.

It really is hard to believe that 25 years have gone around. We would like to take this opportunity to thank



all our customers for their valued support over the years. Many of you have been coming to us from the beginning and now your families are coming too. So once again, many thanks to you all and we look forward to welcoming you in the future."



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Chill 4 Health Holistic Therapies Consultant Therapist, Jennifer McMahon Dip K.O.R.E., has a deep well of specialist experience, stretching over a decade to offer every client a complimentary and individualistic treatment.

The open plan ground floor clinic is easily accessible to the elderly, as well as wheelchair users. To further support the elderly, adults with learning difficulties as well as people affected by and recovering from addiction, Jennifer can treat clients in day care/supported living setting.

The most popular and effective treatments include Reflexology, Kinesiology and Massage. Often used to combat common conditions such as Arthritis, Fibromyalgia, TMJ, IBS, Fatigue, Stress, pregnancy related discomfort and back, neck and shoulder pain.

Jennifer is also available to present Information sessions to groups in the Newry & Mourne area to highlight how simple it is to elevate well being.

Recently, Jennifer has incorporated a new range of therapies that help and maintain emotional wellness.

Talking therapies such as Neuro Linguistic Programming (NLP), Timeline Therapies (TLT) and Hypnosis are gentle and effective when dealing with smoking, eating unsuitable foods, self limiting beliefs, negative thoughts, improving spelling techniques in children and adults, and also overcoming phobias such as flying and spiders.

Currently Jennifer is studying Acupuncture and anyone booking a treatment can avail of a taster session of Acupuncture at the end of their main treatment for free. Ensure you

request this when making a booking.

To promote greater wellbeing, as part of each client's homecare program, Jennifer stocks a superior range of Aloe Vera supplements and drinks.

If you have any questions regarding wellness, booking an information session or treatment, please call into 7 John Mitchel Place, Newry or Tel: 028 3027 8141.

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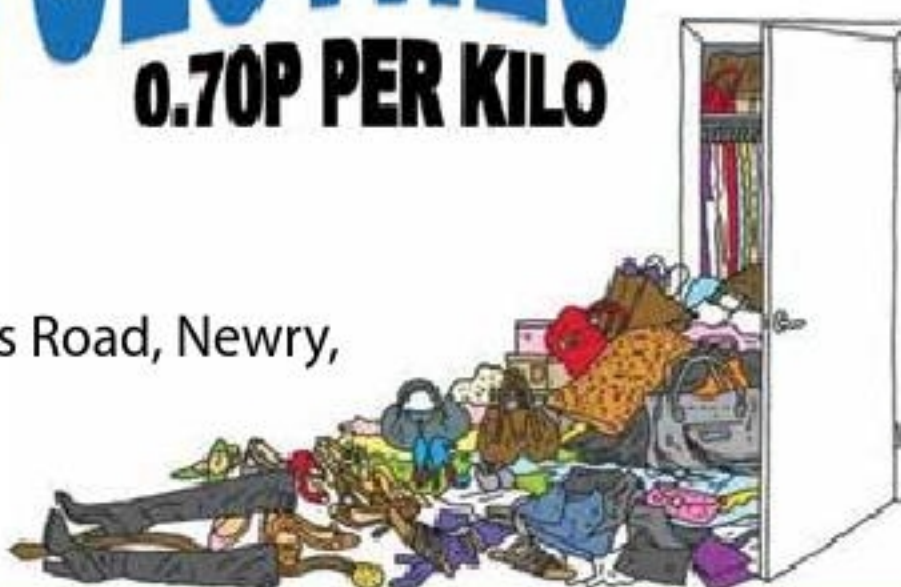
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Newry & Mourne District Council Summer Coaching Schemes 2014

SPORT	VENUE	COACH	DATES	TIME	BOOKING
ACTIVE COMMUNITIES SPORT CAMP					
MULTI SPORTS Age 5-12 yrs Rates on Request	Cowans Yard Camlough	N. Sloan	TBC	TBC	Contact Council
MULTI SPORTS Age 8-14yrs	Dromintee	Active Communities Coach	18th Aug - 22nd Aug	10am - 12noon	E. MARTIN 00353 86 6004757
MULTI SPORTS Age 8-14 yrs Club Rates	Mayobridge Community	Active Communities Coach	18th Aug - 22nd Aug	2pm - 4pm	Sean Centre 078 4943 6280
MULTI SPORTS Age 5-11 yrs £30 1st child £20 each additional	Lislea	Active Communities Coach	18th Aug - 22nd Aug	10am - 2pm	Dara 077 6688 5188
SUMMER CAMP 4-11yrs Trampolining/ Volleyball/ Netball/ Basketball/ Soccer/ Gaelic/football/Gymnastics/Dance/ Swimming / Challenging Competitions	Newry Sports Centre	NMDC Coaches	21st - 25th July 28th July - 1st Aug 4th - 8th Aug	10am - 2pm 10am - 2pm 10am - 2pm	Newry Sports Centre 028 3031 3130
ANGLING					
Age 10-16yrs £10 (Max 15 places)	Bessbrook Pond	Oliver McGauley	9th & 10th July	9.30am - 4pm	NMDC 028 3031 3264
ATHLETICS					
Athletics/Running Age 8-15yrs £35 - includes kit	St. Colman's Sports Complex	Active Communities Coach	7th July - 9th July	10am - 2pm	Register online athleticsni.com 028 9060 2707
BASKETBALL					
Basketball Age 8-16yrs £8	Mullaghbawn Comm. Assoc.	Sherman Hall	28th July - 1st Aug	9.30am - 11.30am	NMDC 028 3088 9073
Basketball Age 8-16yrs £8	Carrivemaclone	Sherman Hall	28th July - 1st Aug	3.30pm - 5.30pm	028 3026 0759 028 3026 9842
Basketball	An Riocht	Club coaches	TBC	TBC	TBC
BOXING					
Boxing Age 8-16yrs Club Rates	Dromintee GAC	Club Coaches	TBC	TBC	Elena Martin
CAMOGIE					
Camogie Age 8-16yrs Club Rates	Clonduff GAC	Club Coaches	11th - 15th Aug	10am - 3pm	Moire 028 4063 0062
Camogie Age 5yrs+ Club Rates	An Riocht GAC	Club Coaches	4th Aug - 8th Aug	10am - 4pm	An Riocht 028 4176 3681
DANCE					
Irish Dancing	Burren Youth Club	Murtagh School of Dance teachers	TBC	TBC	Helen 075 1380 6379
Street Dance Drama (Boys & Girls) Age 8-14yrs £10 (30 places max)	Newry Arts Centre, Auditorium	Siobhan Connolly	30th June - 4th July	10am - 12noon	NMDC 028 3031 3264
GAELIC FOOTBALL					
Gaelic Football Age 5yrs+ Club Rates	An Riocht GAC	Club Coaches	4th Aug - 8th Aug	10am - 4pm	An Riocht 028 4176 3681
Gaelic Football Age 6-14yrs Club Rates	St. Killian's GFC, Whitecross	Club Coaches	15th July - 18th July	10am - 2pm	Claire 077 19791629
Gaelic Football Age 8-16yrs Club Rates	Carrickcruppen GAA	Club Coaches	28th July - 8th Aug	10am - 2.30pm	D.McCullough 077 6523 0294
Gaelic Football Age 8-16yrs Club Rates	Drumintee GFC	Club Coaches	11th Aug - 15th Aug	10.30am - 2pm	E.Martin 0035386 6004757
GO-KARTING					
Go-Karting Ages 8-16yrs £10 per day (Max 30 places per day)	Formula Karting, Greenbank Ind Est Newry	Company Coaches	30th June 4th July	10am - 12.30pm	Formula Karting 028 3026 6220
GOLF					
Golf Age 8-16yrs Club Rates	Kilkeel Golf Club	Club Coaches Jerry Scullion	Each Monday Commencing 7th July Ending: 11th August (6 x weeks)	10am - 12 noon	Club 028 4176 5095 028 4176 2296
Disc Golf Age 8 - 14 years Families	Kilbroney Forest Park Rostrevor	From DiscGolfNI @gmx.co.uk	Aug 11, 12 and 13	Evenings 5-8pm	Newry & Mourne District Council 028 3031 3264
HOCKEY					
Hockey Age 6-18yrs Club Rates	Mournesports, Kilkeel	Club Coaches	18th Aug - 22nd Aug	10am-12noon 6-11yrs 6.30pm-8pm 11-18yrs	Kilkeel Leisure Centre 028 4176 4666
Hockey 6 - 15yrs Club Rates	Newry Hockey Club, Belfast Road, Newry	Newry Hockey Club Coaches	1st, 2nd & 3rd July	10am - 3pm	Club 028 3026 8276 or 028 3025 5280 between 5pm-10pm
HURLING					
Hurling Age 8-16yrs Club Rates	Milltown Recreation Area, Warrenpoint	St.Peter's Hurling Club	28th July - 1st Aug	10am - 2pm	Diarmuid 078 5534 2409
Hurling Age 5-14 yrs Club Rates	Camloch Craobh Rua - High Street, Bessbrook	Club Coach	August (Dates to be confirmed)	10am - 2pm	Camloch Craobh Rua 077 3615 0103
MOUNTAIN BIKING					
Mountain Biking £10 for half day (incl. Helmet/gloves) U10's & U14's (Max spaces - 12 per age group) Bikes/helmets available for hire.	Kilbroney Mountain Bike Trail, Rostrevor	Club coach	2nd & 3rd July	9am - 11am U10s 11.30am - 1.30pm U14's	NMDC 028 3031 3264



SPORT	VENUE	COACH	DATES	TIME	BOOKING
OUTDOOR EDUCATION					
Curragh Camp Age 7-16yrs £1 per session Ability to swim desirable	Warrenpoint Baths area	Warrenpoint Curragh Club	TBC	Session 1 10am-12noon Session 2 2pm-4pm	NMDC 028 3031 3264
Curragh Camp Age 7 - 16yrs £1 per session Ability to swim desirable Club	Camelough Lake	Warrenpoint Curragh Club	TBC	Session 1 10am - 12noon Session 2 2pm - 4pm	NMDC 028 3031 3264
Kayaking - Beginners U18 (Max 8 places) £10	Camelough Lake	Gerry McAnuff	8th July - 11th July inclusive	Session 1 11am - 1pm Session 2 1pm - 3pm	Newry & Mourne District Council 028 3031 3264
Kayaking - Advanced In sea kayaks U18 Star 1 to access (BCU Star 2) (Max 8 places) £20	Various Locations	Gerry McAnuff	12th Aug - 15th Aug	11am - 3pm	Gerry McAnuff 078 8242 2162
Banana Boating, Kayaking & Pier Jumping 8-16yrs £10 10 spaces only per session	Warrenpoint Baths	East Coast Adventure Centre	11th or 12th August	10am-12.30pm 10am-12.30pm	East Coast Adventure Centre 028 417 53535
RUGBY					
Rugby 7-13yrs Boys & Girls £20 first child, £12.50 each additional (Each participant will receive a gum shield and rugby ball)	Newry Rugby Club, Telford Park, Derryleckagh, Newry	Newry Rugby Club	18th Aug - 22nd Aug	10am - 12.30pm	Peter McParland 079 6886 1659 pepe.mcparland@ btinternet.com
Rugby 7-14yrs Boys & Girls	St. Colman's College Sports Complex, Newry	NMDC	TBC	10am - 2pm	Sinead 079 0923 3360
SOCCER					
Football Fun Week 6-14yrs £25 per week or £5 per day	Milltown Recreation Area, Warrenpoint	Warrenpoint Town FC & IFA Coaches	4th Aug - 8th Aug	11am - 12.30pm	W'point Town FC 078 0266 4375
IFA Summer Soccer School 6-14yrs £35	Newry City FC	M. Roberts & IFA Coaches	TBC	TBC	Malcolm Roberts 078 9461 4301
IFA Summer Soccer School 6-14yrs £35	Kilkeel Leisure Centre	M. Roberts & IFA Coaches	21st - 25th July	1pm - 4pm	Malcolm Roberts 078 9461 4301
IFA Summer Soccer School	St Colmans	M Roberts & IFA Coaches	7th - 11th July	9am - 1pm	Malcolm Roberts 078 9461 4301
Soccer 6-14yrs £10 www.sportspartnershipgroupcic.eu	Drumintee Playing Field	Newry Sports Partnership	30th June - 4th July	10am - 12pm	Cathal Fegan 079 2267 5219
Soccer 4-12yrs £10 www.sportspartnershipgroupcic.eu	Dunnaman Childrens Centre, Kilkeel	Newry Sports Partnership	28th July - 1st Aug	2pm - 4 pm	Sinead O'Hare 028 4176 9249
Soccer 6-14yrs £10 www.sportspartnershipgroupcic.eu	Creggan Community Association, Crossmaglen	Newry Sports Partnership	30th June - 4th July	1pm - 3pm	Cathal Fegan 079 2267 5219
Soccer 6-14yrs £10 www.sportspartnershipgroupcic.eu	Cullyhanna	Newry Sports Partnership	14th July - 18th July	10.30am - 12.30pm	Cathal Fegan 079 2267 5219
Soccer 6-14yrs Club Rates	Fr Cullen Park, Bessbrook Bessbrook	Club Coaches	21st July - 25th July	10.30am - 1.00pm	Rae Powell 028 3083 9594
SPECIAL NEEDS					
Kayaking - Beginners U18 £10 per session (4 days) Max 8 x places	Camelough Lake/ Albert Basin TBC	Gerry McAnuff	15th July - 18th July	Session 1 11am - 1pm Session 2 1pm - 3pm	NMDC 028 3031 3264
Swimming PRIORITY GIVEN TO NON-SWIMMERS (10 places max) £10	Newry Swimming Pool	Club Coaches	Thursday nights	6pm - 7pm	Ciara Lowe 078 7267 6979 To confirm session
Sportability Summer Camp £10 per week (20 places max)	Newry Sports Centre	Club Coach	30th June - 4th July	12.30pm - 2pm	Ciara Lowe 078 7267 6979
Happy Faces Summer Club For children with special/additional needs and their siblings ages 4-18 yrs. £15 per child, £35 per family (3 children or more)	Kilkeel Leisure Centre	Club Coaches	4th Aug - 8th Aug	10am - 1pm	Julie Smith 079 2350 0090
SWIMMING					
Swimming One Lesson per Day for 8 days - Beginners/Follow up/ Improvers - Price available on request	Newry Swimming Pool	NMDC Coaches	TBC	10am - 12pm (30 minute sessions)	Swimming Pool 028 3031 3190
TENNIS					
Tennis 8-16yrs £10 per week (28 places max) Bring Booking Receipt Kilkeel	Mourne Esplanade, Kilkeel	Alan Beatty Simon Guist	30th June - 4th July	10am - 1pm	Kilkeel Leisure Centre 028 4176 4666
Tennis 8-16yrs £10 per week	Kilbroney Park, Rostrevor	Jamie Campbell Conor Campbell	14th - 18th July	10am - 1pm	NMDC 028 3031 3264
Tennis 8-16yrs £10 per week. (24 places max) Bring Booking Receipt	Annalong Tennis Courts	Alan Beatty Simon Guist	30th June - 4th July 7th July - 11th July	2pm - 5pm 10am - 1pm	Kilkeel Leisure Centre 028 4176 4666
Tennis 8-16yrs £10 per week (24 places max)	Newry Tennis Courts	Jamie Campbell Conor Campbell	7th July - 11th July	10am - 1pm	NMDC 028 3031 3264
Tennis 8-16yrs £10 (30 places max)	Warrenpoint Tennis Courts (Milltown)	Jamie Campbell Conor Campbell	7th July - 11th July	2pm - 5pm	NMDC 028 3031 3264
Tennis £15 Age: Secondary School students Non members & members welcome	Warrenpoint Tennis Courts (Milltown)	Jamie Campbell	14th - 18th July	2pm - 4pm	Jamie 075 1915 5844
Tennis £15 Age: Primary School students Non members & members welcome	Warrenpoint Tennis Courts (Milltown)	Megan Harty	TBC	10am - 12 noon	Megan 075 1843 7774
Tennis 9-18 years (8 only per session) Rates on request	Kilbroney Park Rostrevor	Jim Pringle	21st - 25th July 28th July - 1st Aug 4th - 8th August	9am - 11am or 11am - 1pm	Jim Pringle 00353429321521 00353894224224
IRISH DANCING SCHEME				August - TBC	TBC



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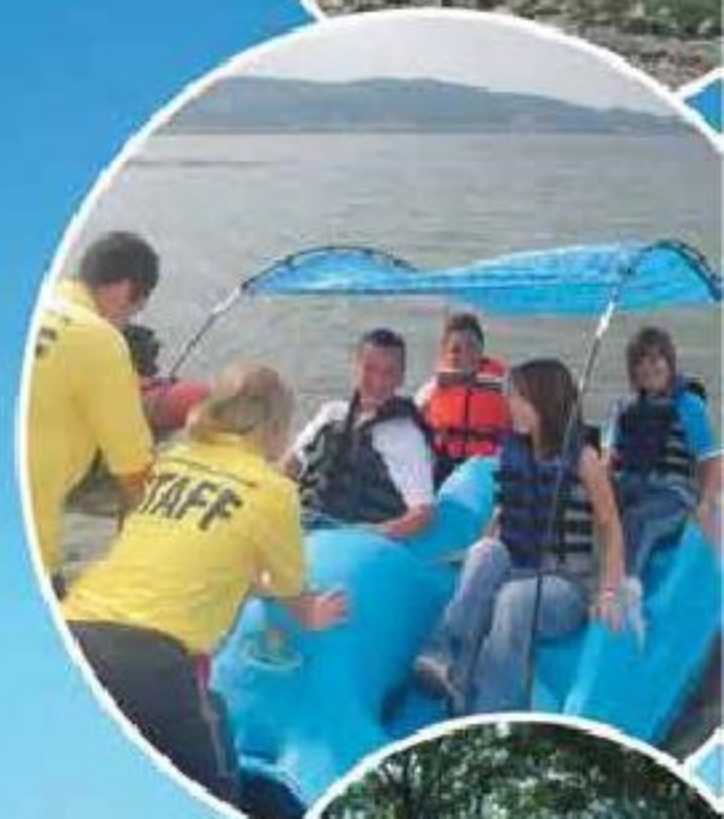
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Do you have difficulty sleeping?

Sleep is something we take for granted until we have problems with it, or we start abusing it. Only then do we realize how important it is for both our physical and psychological wellbeing. Most of us need around 8 hours of sleep per night. If we are getting substantially less than 6 hours sleep or are waking up tired in spite of getting 8 hours or more, then we need to take action. If we are "burning the candle at both ends" and cutting back on sleep time so we can work more, it won't last! We are likely to burnout!

If we are anxious, stressed, worried or depressed our sleep pattern will be severely disrupted. Conversely, disrupted or insufficient sleep can lead to depression and anxiety. So, it is important to sort out any sleep issues which we might have. Thanks to modern brain science, Human Givens Psychotherapists have a deep understanding of the causes of sleep disorders, and have the skills needed to quickly help people get a good night's sleep.

Why is sleep so important? Sleep helps our bodies recover from the previous day's work and worries. We have two very distinct kinds of sleep each night: 6 hours restorative sleep and 2 hours dream sleep per night. Restorative sleep is for replenishing our body (our hardware) during which tissues are mended, cells rebuilt



Paul Grant

and the body restores its energy supply for the new day. Dream sleep on the other hand is for maintenance of our brains and emotional system (our software).

Dreaming de-arouses any high level of emotion carried over from our daily life (for example, an argument at work) thus keeping us emotionally and mentally healthy. Not surprising, then, that people who are over-worried or anxious will spend huge amounts of time dreaming each night! Too much dreaming leaves them both mentally and physically exhausted the next day, simply because they don't get enough restorative sleep.

Thus they find it even more difficult to cope with their life and worries the next day! And so the cycle continues.

WHAT CAN BE DONE?

It depends on the source of the sleep problem. If the reason is worry, then the psychotherapist helps the person deal with the worry. If it is a bad habit, which may have begun at a stressful time, for example, at work or when a child was ill, but now continues, then the habit needs to be broken. If the person is training the brain wrongly by doing "nice things" for it when they can't sleep, such as watching TV or having tea and biscuits, then the brain needs to be retrained, otherwise it will continue waking -up for a treat.

If you are experiencing difficulty getting to sleep or waking up too much or too early, consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice from The Newry Clinic, Windsor Hill, off the Belfast Road. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, suicidal, experiencing relationship difficulties, have phobias or panic attacks.

To make an appointment or talk with Paul, call 077 3973 1424 or 028 3044 1668.

For more information see www.paulgranthgtherapy.com

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*Prices shown include delivery to dealer, number plates, 20% VAT, 12-month Government road fund licence and £55 first registration fee. Prices shown are Manufacturer's Recommended Retail Prices, which apply to new Dacia vehicles when ordered by 30 June 2014. Metallic paint available at an additional £495.

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Models Shown: Jazz 1.4 i-VTEC ES Plus Manual in Milano Red Non-Metallic and CR-V 2.0 i-VTEC 5 Manual 2WD in optional Passion Red Pearl. Terms and Conditions: Nil Advanced Payment offer on Jazz 1.4 i-VTEC ES Plus Manual and Civic 1.4 i-VTEC 5 Manual, £1,299 Advanced Payment offer on CR-V 2.0 i-VTEC 5 Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners' Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 April 2014 to 30 June 2014 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoter is Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY. (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB.

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